

A Word From The Frank Cable Family Readiness Group

Another year has come and gone...and what a great year it has been for the USS FRANK CABLE FRG.

First, we would like to thank everyone who has volunteered with all the activities and events throughout the year. Those events were a success because of you!

Some of the activities that the FRG has been able to get started this year include: monthly meetings, bi-monthly playgroups, an adult book club, and monthly luncheons for all our members to socialize and get to know each other.

We had a wonderful turn out for the Easter party, Teen Bowling, 4th of July Parade, and Costume Bowling. We anticipate the same for the upcoming Children's Holiday Party, Christmas caroling to the ship (Wednesday, December 22nd at 11am) and teen event that is currently in the works.

We hosted many very successful fundraisers including a Chili sale, several bake sales, Formal Gown Fundraiser and Thanksgiving Pie Sale.

With 2010 coming to a close and re-elections for the new year upon us, the current FRG board would like to say a BIG thank you for your time and dedication in helping to rebuild the FRG. Thank you doesn't seem to be enough for helping bring our Cable Family back together. It's truly been our pleasure! We wish our predecessors much success and loads of joy as they continue to build and improve your Family Readiness Group.

Thank you again for your support and we look forward to seeing you and your family in 2011!

Your FRG Board~ Stefanie Gustafson, Angela Shiels, Naomi Green & Deedee Mathis

Join our email roster at: cablefrg@gmail.com
Visit our website at: www.cablefrg.yuku.com
<<http://www.cablefrg.yuku.com/>>

Look us up on Facebook: USS Frank Cable Families
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The Public Affairs Office can be found at 2-135-2-Q and may be contacted at either x7507 or e-mail webmaster.

Tender Times

"The newsletter for USS Frank Cable (AS 40) crewmembers and their families."



1st Quarter 2011

PITI, Guam (November 20, 2010) Sailors aboard the submarine tender USS Frank Cable (AS 40) volunteer their Saturdays as tutors at Jose Rios Middle School.

Saturday Scholars is a tutoring program that gives Sailors a chance to help teachers educate

CABLE SAILORS VOLUNTEER AS SATURDAY SCHOLARS

Story by Mass Communications Specialist 3rd Class Corey Hensley

struggling students who require more one-on-one coaching.

Religious Program Specialist Seaman Lusbeth Morales, who helps organize the program and also volunteers, said that Frank Cable has been working with Jose Rios since 1996.

"In each command we have our own sister school, so what we do is basically take care of them," said Morales. "If they need help in the community or with the kids, we assist them."

Morales said that funding for schools in Guam is limited, especially for Jose Rios. The school is

understaffed, which means that Frank Cable Sailors are always appreciated as volunteers. Logistics Specialist 2nd Class Dawn Atkinson, who has been volunteering at Jose Rios for the past two years, said that she does it because to her it's about giving something back to Guam.

"It's a big warm fuzzy for me," said Atkinson. "My kids are ridiculously proud of the fact that I do it. I try to instill in them that you can't just take, take, take. You have to give back."

Atkinson said that her kids are another

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TRIVIA

Eugene Fluckey commanded what submarine during World War II?
Answer on Pg. 6



PITI, Guam (November 20, 2010) The submarine tender USS Frank Cable (AS 40) Sailor, Gunner's Mate Seaman Alyssa R. Bechore, helps a Jose Rios Middle School student work out a math problem in support of the Saturday Scholars Tutoring Program. (U.S. Navy photos by Mass Communications Specialist 3rd Class Corey Hensley)

From the Desk

Of the Commanding Officer

Hafa Adai USS Frank Cable Sailors & Families,

2010 has been a very busy year for the Frank Cable. Your Frank Cable Sailors have done an exceptional job executing our primary mission of providing support to our forward deployed submarine forces. Besides safely completing two complex back to back shipyard periods, the ship



also successfully integrated civilian mariners into the Frank Cable team, and began providing expeditionary manning to the USS Emory S. Land, forward deployed to Diego Garcia. I would like to acknowledge the hard work of each of our ship's departments during the past year: Repair. Completed 8 maintenance availabilities on Guam SSNs, 22 voyage repair periods on deployed SSNs and SSGNs, and 15 fly-away missions throughout the Western Pacific. Weapons. Conducted the safe shipping or unshipping of 124 torpedoes and 12 tomahawk missiles. Provided 20 force protection classes and 50 gun shoots to support Force Protection qualifications for over 500 Sailors. Supported the recovery of 20 exercise torpedoes. Operations. Executed the complete change out of all computer hardware and software for 10 network servers and 500 work stations. Safely transited the harbor numerous times to transport Repair Department personnel by small boat to jobsites while the Tender was in Guam Shipyard. Supply. Issued 6,500 spare parts, executed 150 contracts, and processed 2,100 government credit card transactions totaling over \$19 million dollars in direct support of submarine maintenance. Sold over \$350,000 worth of merchandise in the ship's store that resulted in \$40,000 going straight to the ship's

MWR programs. Executive. Supported the transfer of 400 military personnel, conducted 1,335 Career Development Boards, facilitated 652 PTS applications, executed 171 reenlistments, administered 760 advancement examinations, and processed 600 evaluations and 500 awards. Health Services. Raised the ship's medical readiness numbers from 78% to 93%, completed 2,670 dental appointments despite moving completely off then back on the ship, and set the standard for the fleet during medical readiness, dental readiness, and radiation health inspections. Safety. Led 34 divisional safety petty officers and the entire crew to the receipt of the Secretary of the Navy's Afloat Safety Award for 2010. Training. Spearheaded the transition of Damage Control operations to hybrid civilian mariner and military operation, led 315 new Sailors through the Fleet Indoctrination Training program, and completed 273 duty section drills. Legal. Assisted 121 Sailors with real estate, civil, and domestic legal issues, conducted 544 notaries, and completed 243 powers of attorney in support of crewmembers. Religious Ministry. Counseled 530 Sailors maximizing the mental health and quality of life of the crew, as well as leading 400 Sailors who volunteered 2,000 hours while completing 30 community service projects.

I would like to thank the entire crew of the Frank Cable for a job well done in 2010. I would also like to thank the spouses and families of the crew for their tremendous understanding and support as we executed our vital forward deployed submarine support mission. Finally, I'd like to thank the Frank Cable Ombudsmen and Family Readiness Group officers for volunteering their personal time to support Frank Cable's families.

Happy Holidays
CAPT Tom Stanley

NAUTICAL TERM NAUTICAL TERM **NAVY NAUTICAL TERM** NAUTICAL TERM NAUTICAL TERM

“Binnacle”

Binnacle

The case or box on the deck of a ship in which navigational instruments are mounted. A binnacle usually includes a compass an a light source.

Any Day on the Cable



Red Ribbon Week
Photo by MC3 Anna L. Arndt



PRT
Photo by MC3 Anna L. Arndt



Refuge Community Relation
Photo by MC2(AW) David R. Krigbaum



Refuge Community Relation
Photo by MC2(AW) David R. Krigbaum



Red Ribbon Week
Photo by MC3 Anna L. Arndt

Admiral LaRoche Visits Cable

Story and photo by Mass Communications Specialist 3rd Class Anna Arndt



POLARIS POINT, Guam (December 2, 2010) Rear Adm. Brian LaRoche, Deputy Commander, Military Sealift Command (MSC) crosses the Quarterdeck onboard the submarine tender USS Frank Cable (AS 40) for a follow up visit. Cable conducts maintenance and support of submarines and surface vessels deployed in the 7th Fleet Area of Responsibility. (U.S. Navy photo by Mass Communications Specialist 2nd Class (AW) David Krigbaum)

POLARIS POINT, Guam (December 2, 2010)

Deputy Commander, Military Sealift Command (MSC), Rear Adm. Brian LaRoche visited the submarine tender USS Frank Cable (AS 40) Dec. 3 to learn more about the ship's mission and see how the MSC integration is progressing. MSC assumed responsibility for operation and maintenance of Frank Cable Feb. 1, 2010. The ship recently returned from Guam Shipyard, where it completed equipment upgrades to support operation with a smaller crew.

"The integration is proceeding very well," said Cable's Commanding Officer Capt. Thomas P. Stanley. "We were worried about cohesiveness and teamwork, but we really haven't had many issues. It has been a fairly seamless process from the personnel side. The Sailors and Civilian Mariners (CIVMARS) work together in repair lockers but we also have clearly defined who does what and who owns what." Cable is one of MSC's three larger ships that operate with a hybrid military and Civilian Mariner crew. MSC personnel fill billets in the Engineering, Deck, Supply, and Communications Departments. They are

also responsible for the operation and maintenance of equipment under their cognizance. The ship is still a commissioned U.S. Navy vessel with a military Commanding Officer. "We were concerned about our Sailors professional development and how we were going to get them qualified, to prepare them for future commands," said Stanley. "That was one of the things we made arrangements for. We wanted to minimize the burden on MSC but still allow Sailors to stand under instruction watches, ask questions, observe and learn so they can get qualified."

LaRoche was given a tour of the Repair Department Machine Shop, the recently remodeled crew's mess, MSC berthing, bridge and ship's support areas including the Ship's Store, Post Office, and Barber Shop.

"He was impressed by the progress he saw compared to the MSC Commander's last visit which occurred during the middle of the MSC integration shipyard period," said Stanley. "Overall, I think it went very well."

Cable conducts maintenance and support of submarines and surface vessels deployed in the U.S. 7th Fleet Area of Responsibility.



Photo from US Naval History and Heritage Command

From the Deckplates

With the Command Master Chief

Greetings Frank Cable Sailors, Families and Friends,

As December draws to a close it marks the end of several events in the life of the Frank Cable, her crew and families. We have completed a year that contained a significant number of challenges for our crew that includes; the integration of 158 Military Sealift Command civilian



mariners as part of the crew, an intense and challenging maintenance period at Guam Shipyard, the beginning of expeditionary manning to Diego Garcia, Sea Trials with a mission certification and several very successful inspections that evaluated every aspect of the ship. But the most significant accomplishment was the crew's ability to continue our submarine maintenance mission

throughout this very challenging year. As we proceed into 2011 we will have an opportunity to perform our maintenance and submarine support mission in remote locations along with providing the crew some much deserved liberty ports and underway qualification time.

As always I am proud of the Frank Cable Crew, their professionalism, accomplishments and dedication to mission accomplishment.

Michelle and I would like to wish all of you a very safe and joyful holiday season, and a prosperous new year.

CMDCM P. A. Kosloski

"VOLUNTEERS" CONTINUED FROM PG. 1

reason for her volunteer work with Saturday Scholars.

"I would like to think if I couldn't help my own kids, someone else could help them, because my kids are around that age," said Atkinson.

Gloria Estampator, a science teacher at Jose Rios, said that the aim of the program is to identify the students who are failing three or more classes halfway through each semester, then work with the students to improve upon their weak areas.

"It really helps the kids," said Estampator. "After the second quarter when grades come out, most of the kids

are passing their classes. Atkinson agrees with Estampator, but notes that the students who are struggling have to want to improve their grades. "It helps the kids that want to learn," said Atkinson. "Most of them know what they're doing, but for some of them, it just takes them longer to get it done." Cable performs maintenance and support of submarines and surface vessels deployed in the 7th Fleet Area of Responsibility.



PITI, Guam (November 20, 2010) The submarine tender USS Frank Cable (AS 40) Sailor, Religious Program Specialist 1st Class Christine G. Tamag, tutors a Jose Rios Middle School student in one of the three subjects, math, social studies and science, taught during the Saturday Scholars Tutoring Program. Cable performs maintenance and support of submarines and surface vessels deployed in the 7th Fleet Area of Responsibility. (U.S. Navy photo by Mass Communications Specialist 3rd Class Corey Hensley)



Ombudsmen



A note from your Command Ombudsmen..... What Is Here For You?

Guam has many wonderful and fascinating things to see and do. Do you know about all the resources that are offered to you on/off base? Knowledge of these many wonderful resources can help make your stay here on the island much more relaxing and fun.

Taking a visit to your local **FFSC** (Fleet and Family Service Center) would be great; there you can find information on all kinds of things from grocery coupons to jobs. From temporary housing supplies to Counselors. Their number is 333-2056 and their hours are M-F 0730 to 1630, they are located in Building 104 and 106.

Next, you might want to visit our local **USO**. The Guam USO is located in Tumon, inside the Royal Orchid Hotel 1st floor, at 626 Pale San Vitores Rd., Tumon, Guam 96913. Visit the center for a relaxing atmosphere that includes free internet, television, movies, interactive electronic gaming, refreshments, and a place you can call your “*home away from home.*” The friendly staff and volunteers will assist you with information about Guam, and can help you with any transportation or lodging needs you may have. The USO also provides literature and information about special military programs and discounts available on the island. They can be reached at 647-4876.

The **Compass Class** is one that you should not miss. Compass Class is for anyone no matter how long you have been in the military or on Island. It will help you with all you need to know on the military side and well as what Guam can offer you. Contact Amana for the next scheduled class at 339-2289

Don't forget to stop on by the **Navy-Marine Corp Relief Society**. They can help you with budgeting and they also have a great thrift store. They have books, clothes, and toys for all ages. Call Summer at 564-1879/80 for business hours.

Need something for your house? **Housing Self Help** is there to assist those families that reside in government housing. There's a wide variety of items that you can borrow as well as replacement items such as batteries for your thermostat or smoke detectors, soil, and grass seed for your yard. Contact Self Help at 339-4138 for Big Navy or 355-7867 for the North location.

We hope that this information will empower you in the New Year and help make your stay on Guam a bit brighter.

As always, your Command Ombudsmen are here to help you!

For additional information contact your Command Ombudsmen at www.cableomb@yahoo.com or you may contact them at the following numbers:
Jacqueline Braunesreither 678-0752 | Heather Moran 688-7584 | Danielle Roest 687-1644

Bravo Zulu!

Navy & Marine Corps Commendation Medal



LT Milligan	ICCS Green	MMC Martin	PS1 Jones
ENS Menezes	LCCS Manuel	BMC Wellington	MM1 McMullen
CWO2 Kypros	CSC Lazarte	SH1 Duque	IC1 Miles

Navy & Marine Corps Achievement Medal



LTJG Danis	ND1 Kerr	ND2 Davis	ND2 Thomason	EM3 Khailon
LTJG Sullivan	LS1 Le	ND2 Decker	GM2 Tipps	BM3 McCoy
ENS Pack	MR1 Marcotte	DC2 Duran	ND2 Tracy	ND3 Miranda
EMC Conrad	MM1 Mitchell	ND2 Elkins-Barkley	MM2 Whiteman	ND3 Monlux
ETC Duncan	MM1 Mobley	ND2 Garule	GM2 Wiley	DC3 Myers
LSC Fridia	MM1 Post	YN2 Haynes	DC2 Williams	HM3 Neil
BMC Knox	ET1 Schnieder	HM2 Jackson	IT2 Wooten	ND3 Orvold
PSC Quintal	ND1 Senecal	LN2 King	YN3 Allen	MM3 Pardue
MMC Williams	ET1 Sorge	HT2 Marsh	ND3 Barr	HT3 Radniecki
MM1 Alcantar	MM1 Stuteville	ND2 Moehring	HM3 Bohn	ND3 Rawls
EN1 Aquí	MM1 Valencia	EM2 Niones	EN3 Daniels	ND3 Richards
EM1 Auffurth	MM1 Walker	ND2 Petrea	MM3 Davison	ND3 Seidler
EM1 Bozeman	MM1 Yap	LS2 Quiambao	MM3 Dorman	EM3 Smith
HT1 Cordero	ND2 Baker	EN2 Roach	ND3 Fox, K	ND3 Stiglbauer
ND1 Fees	HT2 Bell	HT2 Rose	ND3 Fox, M	PS3 Uy
MR1 Graves	ET2 Brown	ND2 Sala	HT3 Harper	SN Herron
ND1 Heimgartner	ND2 Cash	MM2 Smith	HM3 Haynes	
HM1 Hines	HT2 Chan	HM2 Sparkman	GM3 Hua	
IT1 Joseph	DC2 Cole	MR2 Tarantino	ND3 Kantorik	

Newest Surface Warriors



NDCS(SW) Duplissey	ET1(SW) Potter	GM2(SW) Levels	IC3(SW) Jenkins	HN(SW) Reischour
STSC(SW) Viall	EM1(SW) Spyker	MM2(SW) Lumanog	RP3(SW) Morales	PSSN(SW) Umali
MM1(SW) Barfuss	NC1(SW) Sutton	LS2(SW) Lowe	HM3(SW) Neil	SN(SW) Williams
ET1(SW) Brown	HM2(SW) Aguon	ET3(SW) Derecho	GM3(SW) Zimmerman	HTFA(SW) Echeverria
ND1(SW) Fees	HT2(SW) Branen	IC3(SW) Duffy	PSSN(SW) Cadiente	
ND1(SW) Kerr	ND2(SW) Cash	IC3(SW) Funes	MMFN(SW) Dubay	
MM1(SW) Lung	LS2(SW) James	HT3(SW) Hardin	SN(SW) Herron	
MM1(SW) Lux	MM2(SW) Kelly	HT3(SW) Irving	LSSN(SW) Norfleet	